

# Wellness Notes

## Nonulcer Stomach Pain\*

### (Part II)

#### Treatment

For most people, treating indigestion primarily focuses on preventing recurrence and on self-care. For others, nonulcer stomach pain tends to be a long-lasting (chronic) or recurrent condition requiring medical treatment. Several types of medications are available for managing the signs and symptoms of nonulcer stomach pain. These may include: antacids, acid blockers, antispasmodics, acid suppressors, low-dose antidepressants and other medication as prescribed by your doctor. Also behavioral therapy may be used to help in preventing the recurrence of the indigestion. Behavioral therapy focuses on changing unwanted or unhealthy behaviors, typically using a system of rewards and reinforcements of positive behavior. In the case of nonulcer dyspepsia, for instance, if you tend to overeat or eat too quickly, often causing you indigestion, you might be trained in ways to stop such habits, therefore reducing your risk of abdominal discomfort.

Maintaining a healthy lifestyle can often prevent nonulcer stomach pain. The following are some lifestyle modifications that may help alleviate your signs and symptoms:

- Eat smaller, more frequent meals.
- Avoid trigger foods.
- Chew your food slowly and thoroughly.
- Limit beverages during meals.
- Don't lie down right after a meal.
- Maintain a healthy weight.
- Create a calm environment at mealtime.
- Learn and practice relaxation techniques.
- Pursue relaxing activities.
- Try to have a bedtime routine.
- Get regular physical activity.
- Don't exercise immediately after eating.

**Be sure to tell your doctor about any worsening signs or symptoms**